

EAST BAY EXPRESS

MARCH 20, 2013

Volume 1, Number 1

EBEXPRESSPAGE.COM



COVER 24



2013

THE EARLY OF SOUTHR

Five floodgates and others some of the Bay Area's best neighborhoods.

NEWS

TENANTS WIN FRAUD CASE

Residents win \$2 million judgment against a "rental" landlord. But will they collect? [Go to page 10 for more](#)

A six-month-old lawsuit has the potential to set a precedent for tenants in a rental market in the East Bay. The lawsuit was filed in the San Francisco Superior Court in October 2012 and

involved two now landlords, Richard C. Thomas, who was going to be paid. The lawsuit was resolved with the tenants' win, but the landlord is still in court.

The lawsuit involved a fraud case brought by tenants. The tenants paid a large sum of money to the landlord, who then used the money to pay for a large sum of money to the landlord. The tenants were not paid back the money. The lawsuit was resolved with the tenants' win, but the landlord is still in court.

LOCAL

LUCID DREAMING

Philip K. Dick's 'The Man in the High Castle' and 'The Man in the High Castle' are both set in the same world.



Pay Less To Sell Your Home!

The real estate downturn has eroded everyone's equity. Don't get more of it away by paying an unnecessarily high sales commission.

Pay Only 4% to Sell Your Home

Now that's what you get

Ask us about our special buyer's rebate program!

We provide "Full service" and a 30 year long local track record of success.

Call us today at 510-428-0757



**REALTY
ADVOCATES**
realtymadocates.com

Rick Folger and Brett Velazquez

Join us to talk about transportation planning in Alameda County. Please come to one of the five upcoming workshops to participate in the development of the Alameda Countywide Transportation Plan, 2010-2030.

**Oakland—Thursday,
February 24th**
10:00am-12:00pm
Bay Area Planning
Institute
International Open House
Room, 3750 J.P. Kennedy Blvd.

**Fremont—Thursday,
February 24th**
10:00am-12:00pm
Fremont Public Library
Planning Room
3000 Stevenson Blvd.
800 J.P. Kennedy
International Open House
Room, 3750 J.P. Kennedy Blvd.

**Hayward—Wednesday,
March 2nd**
10:00am-12:00pm
Hayward City Hall
Oakland Room, 3750 J.P. Kennedy Blvd.
800 J.P. Kennedy
International Open House
Room, 3750 J.P. Kennedy Blvd.

**San Leandro—
Wednesday, March 2nd**
10:00am-12:00pm
San Leandro City Hall
800 J.P. Kennedy
International Open House
Room, 3750 J.P. Kennedy Blvd.

**Dublin—Thursday,
March 2nd**
10:00am-12:00pm
Dublin Community Planning Room
3000 Stevenson Blvd.
800 J.P. Kennedy
International Open House
Room, 3750 J.P. Kennedy Blvd.

Additional copies of workshop materials will be distributed on-site. All materials are free and travel expenses including airfare are not covered. Airfare is not covered for out-of-state participants. Airfare is not covered for out-of-state participants.



For more information
contact Rick Folger at
510-428-0757 or
brett@realtymadocates.com

CONTENTS

NEWS OPINION

- 1 Letter
- 2 GreenSpace: August is a beautiful time to go
- 3 OpenSpace: Making a beautiful time to go
- 4 The World: The World is a beautiful time to go
- 5 The World: The World is a beautiful time to go
- 6 The World: The World is a beautiful time to go
- 7 The World: The World is a beautiful time to go
- 8 The World: The World is a beautiful time to go
- 9 The World: The World is a beautiful time to go
- 10 The World: The World is a beautiful time to go
- 11 The World: The World is a beautiful time to go
- 12 The World: The World is a beautiful time to go
- 13 The World: The World is a beautiful time to go
- 14 The World: The World is a beautiful time to go
- 15 The World: The World is a beautiful time to go
- 16 The World: The World is a beautiful time to go
- 17 The World: The World is a beautiful time to go
- 18 The World: The World is a beautiful time to go
- 19 The World: The World is a beautiful time to go
- 20 The World: The World is a beautiful time to go
- 21 The World: The World is a beautiful time to go
- 22 The World: The World is a beautiful time to go
- 23 The World: The World is a beautiful time to go
- 24 The World: The World is a beautiful time to go
- 25 The World: The World is a beautiful time to go
- 26 The World: The World is a beautiful time to go
- 27 The World: The World is a beautiful time to go
- 28 The World: The World is a beautiful time to go
- 29 The World: The World is a beautiful time to go
- 30 The World: The World is a beautiful time to go
- 31 The World: The World is a beautiful time to go
- 32 The World: The World is a beautiful time to go
- 33 The World: The World is a beautiful time to go
- 34 The World: The World is a beautiful time to go
- 35 The World: The World is a beautiful time to go
- 36 The World: The World is a beautiful time to go
- 37 The World: The World is a beautiful time to go
- 38 The World: The World is a beautiful time to go
- 39 The World: The World is a beautiful time to go
- 40 The World: The World is a beautiful time to go
- 41 The World: The World is a beautiful time to go
- 42 The World: The World is a beautiful time to go
- 43 The World: The World is a beautiful time to go
- 44 The World: The World is a beautiful time to go
- 45 The World: The World is a beautiful time to go
- 46 The World: The World is a beautiful time to go
- 47 The World: The World is a beautiful time to go
- 48 The World: The World is a beautiful time to go
- 49 The World: The World is a beautiful time to go
- 50 The World: The World is a beautiful time to go
- 51 The World: The World is a beautiful time to go
- 52 The World: The World is a beautiful time to go
- 53 The World: The World is a beautiful time to go
- 54 The World: The World is a beautiful time to go
- 55 The World: The World is a beautiful time to go
- 56 The World: The World is a beautiful time to go
- 57 The World: The World is a beautiful time to go
- 58 The World: The World is a beautiful time to go
- 59 The World: The World is a beautiful time to go
- 60 The World: The World is a beautiful time to go
- 61 The World: The World is a beautiful time to go
- 62 The World: The World is a beautiful time to go
- 63 The World: The World is a beautiful time to go
- 64 The World: The World is a beautiful time to go
- 65 The World: The World is a beautiful time to go
- 66 The World: The World is a beautiful time to go
- 67 The World: The World is a beautiful time to go
- 68 The World: The World is a beautiful time to go
- 69 The World: The World is a beautiful time to go
- 70 The World: The World is a beautiful time to go
- 71 The World: The World is a beautiful time to go
- 72 The World: The World is a beautiful time to go
- 73 The World: The World is a beautiful time to go
- 74 The World: The World is a beautiful time to go
- 75 The World: The World is a beautiful time to go
- 76 The World: The World is a beautiful time to go
- 77 The World: The World is a beautiful time to go
- 78 The World: The World is a beautiful time to go
- 79 The World: The World is a beautiful time to go
- 80 The World: The World is a beautiful time to go
- 81 The World: The World is a beautiful time to go
- 82 The World: The World is a beautiful time to go
- 83 The World: The World is a beautiful time to go
- 84 The World: The World is a beautiful time to go
- 85 The World: The World is a beautiful time to go
- 86 The World: The World is a beautiful time to go
- 87 The World: The World is a beautiful time to go
- 88 The World: The World is a beautiful time to go
- 89 The World: The World is a beautiful time to go
- 90 The World: The World is a beautiful time to go
- 91 The World: The World is a beautiful time to go
- 92 The World: The World is a beautiful time to go
- 93 The World: The World is a beautiful time to go
- 94 The World: The World is a beautiful time to go
- 95 The World: The World is a beautiful time to go
- 96 The World: The World is a beautiful time to go
- 97 The World: The World is a beautiful time to go
- 98 The World: The World is a beautiful time to go
- 99 The World: The World is a beautiful time to go
- 100 The World: The World is a beautiful time to go

ARTS CULTURE

- 1 Culture: The World is a beautiful time to go
- 2 Culture: The World is a beautiful time to go
- 3 Culture: The World is a beautiful time to go
- 4 Culture: The World is a beautiful time to go
- 5 Culture: The World is a beautiful time to go
- 6 Culture: The World is a beautiful time to go
- 7 Culture: The World is a beautiful time to go
- 8 Culture: The World is a beautiful time to go
- 9 Culture: The World is a beautiful time to go
- 10 Culture: The World is a beautiful time to go
- 11 Culture: The World is a beautiful time to go
- 12 Culture: The World is a beautiful time to go
- 13 Culture: The World is a beautiful time to go
- 14 Culture: The World is a beautiful time to go
- 15 Culture: The World is a beautiful time to go
- 16 Culture: The World is a beautiful time to go
- 17 Culture: The World is a beautiful time to go
- 18 Culture: The World is a beautiful time to go
- 19 Culture: The World is a beautiful time to go
- 20 Culture: The World is a beautiful time to go
- 21 Culture: The World is a beautiful time to go
- 22 Culture: The World is a beautiful time to go
- 23 Culture: The World is a beautiful time to go
- 24 Culture: The World is a beautiful time to go
- 25 Culture: The World is a beautiful time to go
- 26 Culture: The World is a beautiful time to go
- 27 Culture: The World is a beautiful time to go
- 28 Culture: The World is a beautiful time to go
- 29 Culture: The World is a beautiful time to go
- 30 Culture: The World is a beautiful time to go
- 31 Culture: The World is a beautiful time to go
- 32 Culture: The World is a beautiful time to go
- 33 Culture: The World is a beautiful time to go
- 34 Culture: The World is a beautiful time to go
- 35 Culture: The World is a beautiful time to go
- 36 Culture: The World is a beautiful time to go
- 37 Culture: The World is a beautiful time to go
- 38 Culture: The World is a beautiful time to go
- 39 Culture: The World is a beautiful time to go
- 40 Culture: The World is a beautiful time to go
- 41 Culture: The World is a beautiful time to go
- 42 Culture: The World is a beautiful time to go
- 43 Culture: The World is a beautiful time to go
- 44 Culture: The World is a beautiful time to go
- 45 Culture: The World is a beautiful time to go
- 46 Culture: The World is a beautiful time to go
- 47 Culture: The World is a beautiful time to go
- 48 Culture: The World is a beautiful time to go
- 49 Culture: The World is a beautiful time to go
- 50 Culture: The World is a beautiful time to go
- 51 Culture: The World is a beautiful time to go
- 52 Culture: The World is a beautiful time to go
- 53 Culture: The World is a beautiful time to go
- 54 Culture: The World is a beautiful time to go
- 55 Culture: The World is a beautiful time to go
- 56 Culture: The World is a beautiful time to go
- 57 Culture: The World is a beautiful time to go
- 58 Culture: The World is a beautiful time to go
- 59 Culture: The World is a beautiful time to go
- 60 Culture: The World is a beautiful time to go
- 61 Culture: The World is a beautiful time to go
- 62 Culture: The World is a beautiful time to go
- 63 Culture: The World is a beautiful time to go
- 64 Culture: The World is a beautiful time to go
- 65 Culture: The World is a beautiful time to go
- 66 Culture: The World is a beautiful time to go
- 67 Culture: The World is a beautiful time to go
- 68 Culture: The World is a beautiful time to go
- 69 Culture: The World is a beautiful time to go
- 70 Culture: The World is a beautiful time to go
- 71 Culture: The World is a beautiful time to go
- 72 Culture: The World is a beautiful time to go
- 73 Culture: The World is a beautiful time to go
- 74 Culture: The World is a beautiful time to go
- 75 Culture: The World is a beautiful time to go
- 76 Culture: The World is a beautiful time to go
- 77 Culture: The World is a beautiful time to go
- 78 Culture: The World is a beautiful time to go
- 79 Culture: The World is a beautiful time to go
- 80 Culture: The World is a beautiful time to go
- 81 Culture: The World is a beautiful time to go
- 82 Culture: The World is a beautiful time to go
- 83 Culture: The World is a beautiful time to go
- 84 Culture: The World is a beautiful time to go
- 85 Culture: The World is a beautiful time to go
- 86 Culture: The World is a beautiful time to go
- 87 Culture: The World is a beautiful time to go
- 88 Culture: The World is a beautiful time to go
- 89 Culture: The World is a beautiful time to go
- 90 Culture: The World is a beautiful time to go
- 91 Culture: The World is a beautiful time to go
- 92 Culture: The World is a beautiful time to go
- 93 Culture: The World is a beautiful time to go
- 94 Culture: The World is a beautiful time to go
- 95 Culture: The World is a beautiful time to go
- 96 Culture: The World is a beautiful time to go
- 97 Culture: The World is a beautiful time to go
- 98 Culture: The World is a beautiful time to go
- 99 Culture: The World is a beautiful time to go
- 100 Culture: The World is a beautiful time to go

Editorial: The World is a beautiful time to go

EAST BAY EXPRESS

Market

Bay Area's top real estate agents, market trends, and more. The World is a beautiful time to go.

Art & Politics

Bay Area's top artists, politicians, and more. The World is a beautiful time to go.

Business

Bay Area's top business leaders, market trends, and more. The World is a beautiful time to go.

Business

Bay Area's top business leaders, market trends, and more. The World is a beautiful time to go.

Marketing

Bay Area's top marketing leaders, market trends, and more. The World is a beautiful time to go.

Technology

Bay Area's top technology leaders, market trends, and more. The World is a beautiful time to go.

Travel

Bay Area's top travel leaders, market trends, and more. The World is a beautiful time to go.

Food & Drink

Bay Area's top food and drink leaders, market trends, and more. The World is a beautiful time to go.



Bay Area's top real estate agents, market trends, and more. The World is a beautiful time to go.



Come help 3rd St. Hydroponics usher in a new era of renewable energy
as we dedicate Oakland's first 12kW Vertical Axis Windmill

March 5th | March 6th
SATURDAY | SUNDAY 10AM to 4PM



AJNB



Technical Institute
for Indoor Climatology

PRESENT...

THE 1ST ANNUAL

SPRING FLING

HYDROPONIC & ORGANIC GARDENING FAIR



Kick-off the Spring gardening season in high-gear at the Bay Area's
only Admission-Free hydroponic and organic gardening fair! Join us as
we exhibit the latest indoor gardening and renewable energy products.

- COME SEE ALL THE LATEST PRODUCTS BY THE INDUSTRIES LEADING VENDORS
- LEARN MORE ABOUT WINDPOWER AND THEIR COMPLETE LINE OF RENEWABLE ENERGY PRODUCTS
- FREE LIGHTING SEMINARS BY EYE HORTTEAM
- LOCAL CHEFLAMARCO & CHEF Q WILL BE PROVIDING FREE ORGANIC FOOD SAMPLES
- BUY A SOIL SACKS - GET READY FOR SPRING GARDENING!

HydroLogic

EYE

evincal

Advanced
Nutrient Systems

RENEWABLE
ENERGY

sunlight Supply Inc.

BOTANICARE

STYLUS
DESIGN

LUMATEK
THE SCIENCE OF LIGHT

EAST BAY EXPRESS

MAINTAIN

Amilloga

671 4th Street, Oakland CA 94607 www.3rdStHydroponics.com (510) 481-1537



GREENWAY

415-777-0157

Medical Marijuana Doctors

www.greenway420.com

393 Tehama Street, San Francisco

Walk-in clinic • 24/7 Verification • Free Parking

Tuesdays, Thursdays, Saturdays

11 a.m. - 5 p.m.

DISCOUNT FABRICS

March Specials

Fabric Prints 45"-60" wide

20% off Entire Selection of Cotton or Cotton Blend Fabrics

Satins

20% off Entire Inventory

Lyons (Print or Solids)

20% off Entire Inventory of Cotton-Nylon-Polyester Lyons Blends 2 & 4 Way Stretch

Wools

20% off Entire Inventory of Domestic & Imported Wools

Unbleached Muslin

Excellent Weight & Quality 45" Wide \$2.50 value Now 50% off

Ribbons

50% off Satin-Georgette-Velvet-Tat Tail

Cotton Flannel Prints

45" Wide \$4.99 value Now 50% off

NOTE: ALL SPECIAL PRICES ARE BASED ON THE LOWEST CURRENTLY AVAILABLE RETAIL PRICE. THERE IS NO CASH OR CREDIT OFFER ON THESE SPECIALS. CASH OFFER IS ONLY ON CLOTHING (SEE STORE SIGN).

Wholesale Fabrication by Greenway Medical Marijuana Doctors, San Francisco, CA

OPEN 7 DAYS A WEEK FROM 10-6

Visit www.discountfabrics.com

DISCOUNT FABRICS (wholesale fabric)

510-548-2981

3000 SAN PABLO AVE. AT ASHBY IN BERKELEY

CALL 510-548-2981 FOR CLOTHING SPECIALS

SEVEN WPS

RUSO'S DONATIONS MAY PAY OFF

Oakland's city attorney wants to let Assembly's new city manager and his constituents decide how to split the bill.

By Robert G. Weiss

John Russo has been unhappy on Oakland's city attorney, Bruce Allen, for a long time. He has already said several things that could cause him to lose his job as city manager. He has been told by the city's attorney that he is not qualified to be city manager. He has been told by the city's attorney that he is not qualified to be city manager. He has been told by the city's attorney that he is not qualified to be city manager.

Allen, however, has been told by the city's attorney that he is not qualified to be city manager. He has been told by the city's attorney that he is not qualified to be city manager. He has been told by the city's attorney that he is not qualified to be city manager. He has been told by the city's attorney that he is not qualified to be city manager. He has been told by the city's attorney that he is not qualified to be city manager.

Russo has been told by the city's attorney that he is not qualified to be city manager. He has been told by the city's attorney that he is not qualified to be city manager. He has been told by the city's attorney that he is not qualified to be city manager. He has been told by the city's attorney that he is not qualified to be city manager. He has been told by the city's attorney that he is not qualified to be city manager.

Russo has been told by the city's attorney that he is not qualified to be city manager. He has been told by the city's attorney that he is not qualified to be city manager. He has been told by the city's attorney that he is not qualified to be city manager. He has been told by the city's attorney that he is not qualified to be city manager. He has been told by the city's attorney that he is not qualified to be city manager.

Russo has been told by the city's attorney that he is not qualified to be city manager. He has been told by the city's attorney that he is not qualified to be city manager. He has been told by the city's attorney that he is not qualified to be city manager. He has been told by the city's attorney that he is not qualified to be city manager. He has been told by the city's attorney that he is not qualified to be city manager.

Russo has been told by the city's attorney that he is not qualified to be city manager. He has been told by the city's attorney that he is not qualified to be city manager. He has been told by the city's attorney that he is not qualified to be city manager. He has been told by the city's attorney that he is not qualified to be city manager. He has been told by the city's attorney that he is not qualified to be city manager.

...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland.

...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland.

...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland.

...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland.

...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland.

Three-Act Roundup

...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland.

...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland.

...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland. ...as they could be in Oakland.

David Weiss is a writer for the San Francisco Chronicle.



Abstract



Flying Yoga Studio
4708 Telegraph Ave.
Oakland, CA 94609
www.flyingyogastudio.com
info@flyingyogastudio.com

Solana Cleaning Center
Down Comforters &
Sleeping Bags 20%

Very Warm 71-81, Bk 68-76, S 68-76, S 68-76
 10-15-76, 10-15-76, 10-15-76
 10-15-76, 10-15-76, 10-15-76
 10-15-76, 10-15-76, 10-15-76

Professor
 The Honorable Society
 Cambridge University
 100 Brookline Ave.
 Cambridge, MA 02138

[illegible]

1000

1. **Introduction**

1000

THE BIOSWALE PROJECT

© 2000 by Blackwell Science Ltd
Journal of Internal Medicine 247: 115–121

The Current Study

In a 1990s playgroup state, why invite the "computer"? It's a good idea! **Walt Feiberg**, a game artist, "thinks it makes sense to let children connect to water flowing through the 'river,' and Feiberg, who works for the **State of the Project**, is a husband-and-wife team. "We're excited to let people share all their water stories," says Feiberg, who is a husband-and-wife team.

There is the premeditatedly preposterous East Bay, capturing storm water runoff and storing it in tunnels. Eventually, storm water evaporated by the mountains and land that flow with it, motherless (San Francisco Bay sitting in San Francisco's San Francisco Bay) is flowing, a few of them to capture storm water and run, it to grow a garden.

For teachers with only an undergraduate, there is not as many self-study. This is good even for ordinary professional teacher candidates, even at the National Project. When used the way authors intended, it is good. But some

Received 20 September 2006; accepted 12 December 2006
© 2007 The Authors
Journal compilation © 2007 Blackwell Publishing Ltd

The Peabody Association with a group of local volunteers is building a library, a manufacturing plant that makes shingles, the National Cemetery for war vets. (Book. The presence of a school of fishes here tracks inland life just upstream to the Ogishhewey, 12 ft. ¹⁹⁹⁰ ₁₉₉₁.)

Frederick argues in this book that the minerals will look like any other valuable goods that is stimulated by diminishing opportunities. As it turns out, in his industry, the minerals might seem a different set of possibilities: a scarce resource because a non-renewable resource, even for the political purposes, is not a true scarce resource.

But the hardware is purposefully positioned to capture the maximum that flows through the city streets and fields, even. After a rain, the water flows through a culvert and enters the brook. When it overflows, it goes off to the right, into the sea. The soil and compost were chosen carefully. The hardware has just one basic design: capture pollution like you would gasoline and, then, transform the fuel's power, use it for the things that matter — grow food and effectively break up the soil to

[illegible]

city, while, of course, neither Milwaukee nor any other East Bay city has the benefits of river frontage. The neighborhood and urban structure contrasted with the other.

Students were informed that agricultural pollution was the largest source of contamination on their list. In a recent study by the *Kean Environmental Literacy Institute* from 10 American locations are actually in *Marine* terminology. Most of the pollution on the list comes from our neighborhoods. Chemicals, like pesticides (see footnote) (which come off and grow from our, potatoes) from gardens, pet waste, and household chemicals.

[illegible]

Storm waters also could lead to large-scale environmental damage. Researchers at CU Boulder recently found that a common, pinkish "diatomaceous earth" dust on the ground of their dogs (preventing them from digging, say) also contains silica and can kill small invertebrates. Potentially leading water to the supplies could be a problem for the worldwide diatom industry.

Yes, in 40s. Uncommon because nothing's
working properly, so high number of
broken things? No, only broken things that are
due to normal wear and tear. Many things break
often. Other machines get a significant number
of hits on performance in the water performance.
In fact, "Water is the best thing you can already
imagine" in making performance.

anyone who wishes to apply for any of these positions, please contact the Human Resources Department at 1-800-368-7262. For more information, visit our website at www.rockwell.com.

THE FIREWALL IS PURPOSEFULLY POSITIONED TO CAPTURE THE RUNOFF WATER THAT FLOWS THROUGH RICHMOND CITY STREETS. AFTER A STORM, WATER MEANDERS UNTIL ITS ABSORBED INTO THE SOIL.

On a recent visit, volunteers were using the site to collect garbage and plant native species. One volunteer mentioned children and is not with their immediate families any longer. She is a volunteer for the special needs children as part of her service to the community.

The formal, somewhat stilted and authoritarian address by the language study, played some more important roles than the mere display of power. In the event, Wang's visit to the library to show his participation in the project was not really his last ownership of the official position he occupied.

[illegible]

EAST BAY TOPICS

Taste

**Taste is Your Guide to
*Dining in the East Bay***

Delight in the flavors of the East Bay with our biannual dining magazine, Taste. We'll include articles that survey the latest in culinary trends and price the entirety of your next winter restaurant guide - over 500 restaurants. There will make this issue of Taste an essential resource for navigating the myriad of dining options in the East Bay.

**GET IT WHILE IT'S HOT!
March 30, 2011**

**ADVERTISING DEADLINE:
March 22, 2011**

**TO ADVERTISE CALL
510.879.3700**



EAST BAY EXPRESS

1245 3rd Street, Oakland CA 94607
P: 510.879.3700, F: 510.879.3781

**EAST BAY EXPRESS
BOOMDOX TEE**

**SAN FRANCISCO
CALLED
AGAIN
TO COMPLAIN
ABOUT
THE
NOISE**

www.eastbayexpress.com/sf



**JUST
ADD
PANTS**

1245 3rd Street, Oakland CA 94607
P: 510.879.3700, F: 510.879.3781

www.eastbayexpress.com
made in the City of Oakland

accident—he'll open the door for other visitors, because there's nothing for him, he guesses. (After all, he's the sheriff's biggest ally!) Then? Nothing. Nothing more than the one day "troubled" me. What's the point?

Eventually, I got what what I was doing, and when I told others what the officer thought for some time, most had changed his mind—the whole "the maximum" thing was of his effort to make the "maximum" thing, "I was like a person who was." In fact, "maximum" was the only thing that happened. "Maximum" was the only thing that happened.

When I was told the maximum, that's a person who was working on it. When I was told the maximum, that's a person who was working on it. When I was told the maximum, that's a person who was working on it. When I was told the maximum, that's a person who was working on it.

as you see in the future, but when I got out I'm coming back here."

His mother's opinion, I don't know (there were no "I was told" in the past). But he decided to "I was told" in the past.

With the idea of how New York City had found a period of intense "personal" toward "not" the other side. "The maximum" was the only thing that happened. "Maximum" was the only thing that happened.

So, the maximum was the only thing that happened.

When he was told, "I was told" in the past. When he was told, "I was told" in the past. When he was told, "I was told" in the past. When he was told, "I was told" in the past.

When he was told, "I was told" in the past. When he was told, "I was told" in the past. When he was told, "I was told" in the past. When he was told, "I was told" in the past.

The maximum was the only thing that happened.

as I was told, "I was told" in the past. When he was told, "I was told" in the past. When he was told, "I was told" in the past. When he was told, "I was told" in the past.

When he was told, "I was told" in the past. When he was told, "I was told" in the past. When he was told, "I was told" in the past. When he was told, "I was told" in the past.

We can tell our coffee is roasted to perfection just by the way it sounds.

It's a little hard to hear. It's a little hard to hear. It's a little hard to hear. It's a little hard to hear.

World's Greatest Mug

ENTER FOR A CHANCE TO WIN A DISCOVERY OR JAWAAT AT FOLGER'S COFFEE TASTE TEST

Category	Item	Value
Total

Subtotal

RISE TO HEALTH

Dr. John Buck, D.C., C.C.P.T.



2 ART Treatments for \$60.00

www.therisetohealth.com

Call 610.333.0000

• Headache Pain
• Allergic Reactions
• Back Pain
• Knee Pain
• Hip Pain
• Neck Pain
• Shoulder Pain
• Sinus Pain

• Joint Pain
• Muscle Pain
• Nerve Pain
• Skin Pain
• Stomach Pain
• Tooth Pain
• Vaginal Pain
• Wound Pain
• X-ray Pain
• Y-ray Pain
• Z-ray Pain

Dr. Buck's Services: Acute Care, Chronic Care, Personal Injury & Workers' Comp. Available.
www.therisetohealth.com
100 Central Avenue, Suite 100, Suite 100, Suite 100

Independently Owned And Operated
Since Before Grown Women Were
Obsessed With *Twilight*.

EAST BAY EXPRESS

KRISHNA DAS "CAMERA BY BUS" TOUR



JUNE 9
THE REGENCY BALLROOM
ONE LAMAR AVENUE AT 11AM

thefestival.com

www.therisetohealth.com

www.therisetohealth.com

PICKS

Young Man

Young Man is the new book by the author of the best-selling novel *The Daylight Marriage*. It's a story of a young man who is struggling to find his way in the world. The book is a powerful and moving story that will resonate with anyone who has ever felt lost or alone.

Young Man is a powerful and moving story that will resonate with anyone who has ever felt lost or alone. It's a story of a young man who is struggling to find his way in the world.

Robert Engle and

Don DeLillo's *Underworld*

Underworld is a powerful and moving story that will resonate with anyone who has ever felt lost or alone. It's a story of a young man who is struggling to find his way in the world.

David Gail

and George Plimpton

Underworld is a powerful and moving story that will resonate with anyone who has ever felt lost or alone. It's a story of a young man who is struggling to find his way in the world.



Young Man

Underworld is a powerful and moving story that will resonate with anyone who has ever felt lost or alone. It's a story of a young man who is struggling to find his way in the world.

Underworld is a powerful and moving story that will resonate with anyone who has ever felt lost or alone. It's a story of a young man who is struggling to find his way in the world.

Underworld is a powerful and moving story that will resonate with anyone who has ever felt lost or alone. It's a story of a young man who is struggling to find his way in the world.

Underworld is a powerful and moving story that will resonate with anyone who has ever felt lost or alone. It's a story of a young man who is struggling to find his way in the world.

Underworld is a powerful and moving story that will resonate with anyone who has ever felt lost or alone. It's a story of a young man who is struggling to find his way in the world.

Underworld is a powerful and moving story that will resonate with anyone who has ever felt lost or alone. It's a story of a young man who is struggling to find his way in the world.

Underworld is a powerful and moving story that will resonate with anyone who has ever felt lost or alone. It's a story of a young man who is struggling to find his way in the world.

ULTIMATE EVENTS

Underworld is a powerful and moving story that will resonate with anyone who has ever felt lost or alone. It's a story of a young man who is struggling to find his way in the world.

Underworld is a powerful and moving story that will resonate with anyone who has ever felt lost or alone. It's a story of a young man who is struggling to find his way in the world.

Underworld is a powerful and moving story that will resonate with anyone who has ever felt lost or alone. It's a story of a young man who is struggling to find his way in the world.

PUBLIC INTEREST

Underworld is a powerful and moving story that will resonate with anyone who has ever felt lost or alone. It's a story of a young man who is struggling to find his way in the world.

Underworld is a powerful and moving story that will resonate with anyone who has ever felt lost or alone. It's a story of a young man who is struggling to find his way in the world.

Photo Gallery: India

India is a beautiful country with a rich history and culture.

India is a beautiful country with a rich history and culture.

India is a beautiful country with a rich history and culture.

India is a beautiful country with a rich history and culture.

Underworld is a powerful and moving story that will resonate with anyone who has ever felt lost or alone. It's a story of a young man who is struggling to find his way in the world.

Goods, Services & Opportunities

DECEMBER 10, 2011

Vegas! Orlando! And Cuzco! Along!

At just a 1-hour drive from:
41 Miles: Del Mar/San Diego (Direct Shipping)
From \$700 from the Main Office:
1-800-236-8814 (AAN CAN)

Fast Oakland (Below \$1750)

Immediate new police car urgent vacancy
good 4 working exp. White (gender pref.)
3 Months term, \$1421 / 1 Month term from station
Available from December 10th
Call: 408-667-1883

Are you a professional?

Therapist? Counselor? Coach? Business/Marketing
Professional? Or Consultant?
Click on our great new
members on the new site!
Call from 10:00-10:00
Tuesdays - Thursdays every great!

Locally Used Services

All your work from home building, tree cutting,
cleaning, roofing, etc. with many specialties in the
of Oakland, 700-620-8888 or 510-224-0171

Delmar's Home Repairs

Company's national plumbing, electrical
contractors.
Specialty: Curbie problem solving at home/apartments
1-800-708-7047

Prepwork? Considering Adoption?

Tell us about your experience along in
standing. We'll have you with the best
customers! (Living Expenses Paid)
Call 847-406-7111 (New York) Adoptions
847-406-7111 (AAN CAN)

Earth Circle's Counseling Center

Compassionate Professional Therapies.
Working in the:
www.earthcirclecounseling.com

The Macmanus

At \$79.95, Apple's response support to your
Toshiba and Apple: 100-720-7200
www.toshiba.com/usa
www.apple.com/usa

Cottage Inn 41 Lake Tahoe

Two phone calls for the best place
to stay in the area. Call today!
cottageinn.com 1-800-841-4870
www.cottageinn.com

Indian Properties

West, South, North, Middle, Central
10-15 Minutes From Home
Call: 1-800-112-1128
Visit: www.IndianProperties.com

West Miami Vacation Rentals

Great Properties, A family owned and
operated company with over 20 years
experience in Miami. Contact us today for all
your Miami vacation rental needs.
1-888-665-1349 www.guestproperties.com

Oakland New Portland

Spokane Units
Oakland, WA
Spokane, WA
1-800-841-4870
No fee agents
No hidden fees
Call: 800-841-4870
(1-800-841-4870)

Oakland 2011/12

New 1 Lake Tahoe
Hill Call for details!
2011/12
New prices, great pricing,
No fee agents
Call: 800-841-4870
(1-800-841-4870)

Psychotherapy Office Sublet

Currently in Oakland area. Immediate availability.
Building full month. 100-720-7200

J.R. Arnes - Business For Rent

Business opportunity of local dining with
phone and sales. Advantages you can't find
elsewhere!
www.arnes.com (AAN CAN)

J.R. Arnes - Restaurant.com

Turned business of local dining with phone
and sales. Advantages you can't find
elsewhere!
www.arnes.com (AAN CAN)

Home For Sale

Under \$100,000, call: 1-800-278-2288

Cash For Your Home

Any area, any condition, 100-720-7200

Arneson Big Roundtable

100,000 sq. ft. of space.
Call: 1-800-278-2288, 1-800-278-2288

Arneson Financing

1-800-404-8144 Cash: 800-404-8144
www.arnesonfinancing.com (AAN CAN)

Real Estate Services

Real Estate Services, Inc.
1-800-278-2288, 1-800-278-2288

Real Estate Services

Real Estate Services, Inc.
1-800-278-2288, 1-800-278-2288

Help Wanted

Real Estate Services, Inc.
1-800-278-2288, 1-800-278-2288

Get Your Best Buy Express Card?

1-800-278-2288, 1-800-278-2288

Need a Few Extra Pennies?

Need help buying and selling items?
1-800-278-2288, 1-800-278-2288

Real Estate Services

Real Estate Services, Inc.
1-800-278-2288, 1-800-278-2288

International Market Research

International Market Research
1-800-278-2288, 1-800-278-2288

Arneson Big Roundtable

100,000 sq. ft. of space.
Call: 1-800-278-2288, 1-800-278-2288

Arneson Financing

1-800-404-8144 Cash: 800-404-8144
www.arnesonfinancing.com (AAN CAN)

Real Estate Services

Real Estate Services, Inc.
1-800-278-2288, 1-800-278-2288

Learn Portuguese

Learn Portuguese, Inc.
1-800-278-2288, 1-800-278-2288

Find an Advisor

Find an Advisor, Inc.
1-800-278-2288, 1-800-278-2288

ALL ABOUT THE
REPAIRS
HANDY
1-800-278-2288
www.arnesonfinancing.com (AAN CAN)

REPAIRS, REPAIRS
OAKLAND
MONTHLY RENT
REPAIRS
STUDIOS
1-800-278-2288
www.arnesonfinancing.com (AAN CAN)

UNITY
ALERT
1-800-278-2288
www.arnesonfinancing.com (AAN CAN)

FREE COUNSELING
1-800-278-2288
www.arnesonfinancing.com (AAN CAN)

OAKLAND
MUSIC
COMPLEX
1-800-278-2288
www.arnesonfinancing.com (AAN CAN)

REPAIRS, REPAIRS
OAKLAND
MONTHLY RENT
REPAIRS
STUDIOS
1-800-278-2288
www.arnesonfinancing.com (AAN CAN)

MUSIC REPAIRS
\$12
1-800-278-2288
www.arnesonfinancing.com (AAN CAN)

QUAM
1-800-278-2288
www.arnesonfinancing.com (AAN CAN)

March 5-13 2011

Jewish Music Festival

Norman Rosen
Ger Mandel
Benjamin, 2011
Hila Marshall, Director
Yorubaki Pina
Noah Bendis-Balkey
David Bachmiller's
Selena / Havana
Finnish Dance Party

Tickets: 888.888.4363
Info: www.jewishmusicfestival.org



[pukka] THE BEST

TON-kan
1. Sublime poems
2. Superb music

ZION-I WITH SPECIAL GUESTS

MATT & KIM

CSO's **East Bay** is offered \$2 at the door
Outside Zone, \$20+ ahead of \$13 in the box
www.eastbaytickets.com

CSO East Bay
Howard CA

Saturday
March 12
2011

THE FOX THEATER
GARDEN

ON SALE TWO SUNDAY

MATT AND KIM
THE THERMALS

SATURDAY, JUNE 18th

Okkervil River
Titus Andronicus
Julianne Barwick
June 22nd

ON SALE TUESDAY

411 **SIMIAN MOBILE DISCO**
FAKE BLOOD
DESTRUCTO-HUMAN SCIENCE
EGYPTRIXX+MORE TOA

Lineup subject to change without notice

FRIDAY, MARCH 11th

WWW.HARDEST.COM

SHOW NEXT FRIDAY

©2011 Hardest Music, Inc. All rights reserved. All trademarks are the property of their respective owners. All other trademarks are the property of their respective owners.

Mardi Gras FESTIVAL

FAT PARTY!

TUESDAY
San Francisco 25 WEEK MUSIC
GIVEAWAY

FRI
MUSIC

4
Back 2
Celebrations

10-11 PM
\$10.00

SAT
MUSIC

5
Gumbo
Therapeutics

10-11 PM
\$10.00

FAT
MUSIC

8
Party with us!

10-11 PM
\$10.00

GUMBO THROWDOWN
SOUTHERN COMFORT FOOD

DAIQUIRIS
& HURRICANES

HAPPY HOUR SPECIALS

LOUISIANA STYLE

ALL DAY
EVERY DAY

Miss Pearl's
RESTAURANT

Jack London Square • Waterfront Hotel • Oakland

San Francisco 415.774.1111 • 415.774.1111 • 415.774.1111

Leo's Pro Audio redefines your recording experience by providing everything you need to turn your computer into a recording studio and take your CD to the next level...all in one convenient location.

- A huge inventory that includes audio interfaces from \$125, recording mic's from \$99, headphones from \$25 and monitors from \$99.
- Knowledgeable staff with the hands-on experience to guide you towards achieving your goals.
- An in-store service department.
- Internet or better pricing.

At Leo's Pro Audio, making your sound better is what we're all about. For over for over 30 years, we've been learning new technologies first and helping people apply them to achieve their musical goals.



Mixbox 1 Pro

Mixbox 2 Mini



Mixbox 3

Avid Pro Tools 9 redefines the world's most popular, most advanced music and audio production software.

- Use any interface you choose, from any maker.
- Create bigger, better-sounding mixes with more tracks.
- Created pro features included as standard.
- Work more easily with video.
- Mix in surround with the updated 7.1 surround panner

ask 2nd Generation- Store all your software authorizations and move them anywhere you like, anytime!

Pro Tools 9



Leo's Pro Audio

5447 Telegraph Ave. Oakland, CA 94609 (510) 453-1000
sales@leoproaudio.com <http://leoproaudio.com>

Leo's Pro Audio is located just one block off Highway 24 West of the Caldecott Tunnel

Wanna

Want to be the next
winner of the
510-859-0782
510-859-0782

510-859-0782
510-859-0782

510-859-0782
510-859-0782

LAYLA
510-859-0782
510-859-0782

510-859-0782
510-859-0782

Adult

Adult & Erotic

Adult & Erotic
510-859-0782
510-859-0782

Adult & Erotic

Adult & Erotic
510-859-0782
510-859-0782

510-859-0782
510-859-0782

good time
on the line
FREE TRIAL
510.859.0797

510-859-0782
510-859-0782

510-859-0782
510-859-0782

510-859-0782
510-859-0782

510-859-0782
510-859-0782

510-859-0782
510-859-0782

510-859-0782
510-859-0782

Meet hot
latin singles!
TRY FOR FREE
510.859.0782

510-859-0782
510-859-0782

510-859-0782
510-859-0782

510-859-0782
510-859-0782

510-859-0782
510-859-0782

510-859-0782
510-859-0782

510-859-0782
510-859-0782

GIVE IN
510.859.0783

510-859-0782
510-859-0782

510-859-0782
510-859-0782

510-859-0782
510-859-0782

510-859-0782
510-859-0782

510-859-0782
510-859-0782

510-859-0782
510-859-0782

EastBay XMatch

Search For a Sex Partner

INTER-RACIAL KINK
At the "Kink" Party

Bare as You Dare

510-859-0782
510-859-0782

510-859-0782
510-859-0782

Massage Parlors

Table 1

Abstract
The purpose of this study was to investigate the effect of a 12-week training program on the physical and psychological characteristics of young women. The study was conducted in a laboratory setting. The subjects were 12 young women, aged 18-25, who were divided into two groups: a control group and an experimental group. The experimental group underwent a 12-week training program, while the control group remained sedentary. The physical characteristics measured were body mass index (BMI), body fat percentage, and heart rate. The psychological characteristics measured were anxiety, depression, and self-esteem. The results showed that the experimental group had significantly lower BMI, body fat percentage, and heart rate compared to the control group. Additionally, the experimental group had significantly lower anxiety and depression levels and higher self-esteem levels compared to the control group. The findings suggest that a 12-week training program can effectively improve the physical and psychological characteristics of young women.

1. **Introduction**
 2. **Background**
 3. **Methodology**
 4. **Results**
 5. **Conclusion**
 6. **References**

The following table shows the results of the regression analysis for the dependent variable "Number of publications" (N = 100). The independent variables are "Gender" (Male/Female) and "Age" (Young/Middle/Older). The table includes the coefficient estimates, standard errors, t-statistics, and p-values for each variable.

1. **Introduction**
 2. **Background**
 3. **Methodology**
 4. **Results**
 5. **Conclusion**
 6. **References**

1. **NAME:** _____
 2. **DATE:** _____
 3. **TIME:** _____
 4. **LOCATION:** _____
 5. **REASON:** _____
 6. **REMARKS:** _____
 7. **SIGNATURE:** _____
 8. **OFFICIAL:** _____
 9. **REMARKS:** _____
 10. **SIGNATURE:** _____
 11. **OFFICIAL:** _____
 12. **REMARKS:** _____
 13. **SIGNATURE:** _____
 14. **OFFICIAL:** _____
 15. **REMARKS:** _____
 16. **SIGNATURE:** _____
 17. **OFFICIAL:** _____
 18. **REMARKS:** _____
 19. **SIGNATURE:** _____
 20. **OFFICIAL:** _____
 21. **REMARKS:** _____
 22. **SIGNATURE:** _____
 23. **OFFICIAL:** _____
 24. **REMARKS:** _____
 25. **SIGNATURE:** _____
 26. **OFFICIAL:** _____
 27. **REMARKS:** _____
 28. **SIGNATURE:** _____
 29. **OFFICIAL:** _____
 30. **REMARKS:** _____
 31. **SIGNATURE:** _____
 32. **OFFICIAL:** _____
 33. **REMARKS:** _____
 34. **SIGNATURE:** _____
 35. **OFFICIAL:** _____
 36. **REMARKS:** _____
 37. **SIGNATURE:** _____
 38. **OFFICIAL:** _____
 39. **REMARKS:** _____
 40. **SIGNATURE:** _____
 41. **OFFICIAL:** _____
 42. **REMARKS:** _____
 43. **SIGNATURE:** _____
 44. **OFFICIAL:** _____
 45. **REMARKS:** _____
 46. **SIGNATURE:** _____
 47. **OFFICIAL:** _____
 48. **REMARKS:** _____
 49. **SIGNATURE:** _____
 50. **OFFICIAL:** _____
 51. **REMARKS:** _____
 52. **SIGNATURE:** _____
 53. **OFFICIAL:** _____
 54. **REMARKS:** _____
 55. **SIGNATURE:** _____
 56. **OFFICIAL:** _____
 57. **REMARKS:** _____
 58. **SIGNATURE:** _____
 59. **OFFICIAL:** _____
 60. **REMARKS:** _____
 61. **SIGNATURE:** _____
 62. **OFFICIAL:** _____
 63. **REMARKS:** _____
 64. **SIGNATURE:** _____
 65. **OFFICIAL:** _____
 66. **REMARKS:** _____
 67. **SIGNATURE:** _____
 68. **OFFICIAL:** _____
 69. **REMARKS:** _____
 70. **SIGNATURE:** _____
 71. **OFFICIAL:** _____
 72. **REMARKS:** _____
 73. **SIGNATURE:** _____
 74. **OFFICIAL:** _____
 75. **REMARKS:** _____
 76. **SIGNATURE:** _____
 77. **OFFICIAL:** _____
 78. **REMARKS:** _____
 79. **SIGNATURE:** _____
 80. **OFFICIAL:** _____
 81. **REMARKS:** _____
 82. **SIGNATURE:** _____
 83. **OFFICIAL:** _____
 84. **REMARKS:** _____
 85. **SIGNATURE:** _____
 86. **OFFICIAL:** _____
 87. **REMARKS:** _____
 88. **SIGNATURE:** _____
 89. **OFFICIAL:** _____
 90. **REMARKS:** _____
 91. **SIGNATURE:** _____
 92. **OFFICIAL:** _____
 93. **REMARKS:** _____
 94. **SIGNATURE:** _____
 95. **OFFICIAL:** _____
 96. **REMARKS:** _____
 97. **SIGNATURE:** _____
 98. **OFFICIAL:** _____
 99. **REMARKS:** _____
 100. **SIGNATURE:** _____
 101. **OFFICIAL:** _____
 102. **REMARKS:** _____
 103. **SIGNATURE:** _____
 104. **OFFICIAL:** _____
 105. **REMARKS:** _____
 106. **SIGNATURE:** _____
 107. **OFFICIAL:** _____
 108. **REMARKS:** _____
 109. **SIGNATURE:** _____
 110. **OFFICIAL:** _____
 111. **REMARKS:** _____
 112. **SIGNATURE:** _____
 113. **OFFICIAL:** _____
 114. **REMARKS:** _____
 115. **SIGNATURE:** _____
 116. **OFFICIAL:** _____
 117. **REMARKS:** _____
 118. **SIGNATURE:** _____
 119. **OFFICIAL:** _____
 120. **REMARKS:** _____
 121. **SIGNATURE:** _____
 122. **OFFICIAL:** _____
 123. **REMARKS:** _____
 124. **SIGNATURE:** _____
 125. **OFFICIAL:** _____
 126. **REMARKS:** _____
 127. **SIGNATURE:** _____
 128. **OFFICIAL:** _____
 129. **REMARKS:** _____
 130. **SIGNATURE:** _____
 131. **OFFICIAL:** _____
 132. **REMARKS:** _____
 133. **SIGNATURE:** _____
 134. **OFFICIAL:** _____
 135. **REMARKS:** _____
 136. **SIGNATURE:** _____
 137. **OFFICIAL:** _____
 138. **REMARKS:** _____
 139. **SIGNATURE:** _____
 140. **OFFICIAL:** _____
 141. **REMARKS:** _____
 142. **SIGNATURE:** _____
 143. **OFFICIAL:** _____
 144. **REMARKS:** _____
 145. **SIGNATURE:** _____
 146. **OFFICIAL:** _____
 147. **REMARKS:** _____
 148. **SIGNATURE:** _____
 149. **OFFICIAL:** _____
 150. **REMARKS:** _____
 151. **SIGNATURE:** _____
 152. **OFFICIAL:** _____
 153. **REMARKS:** _____
 154. **SIGNATURE:** _____
 155. **OFFICIAL:** _____
 156. **REMARKS:** _____
 157. **SIGNATURE:** _____
 158. **OFFICIAL:** _____
 159. **REMARKS:** _____
 160. **SIGNATURE:** _____
 161. **OFFICIAL:** _____
 162. **REMARKS:** _____
 163. **SIGNATURE:** _____
 164. **OFFICIAL:** _____
 165. **REMARKS:** _____
 166. **SIGNATURE:** _____
 167. **OFFICIAL:** _____
 168. **REMARKS:** _____
 169. **SIGNATURE:** _____
 170. **OFFICIAL:** _____
 171. **REMARKS:** _____
 172. **SIGNATURE:** _____
 173. **OFFICIAL:** _____
 174. **REMARKS:** _____
 175. **SIGNATURE:** _____
 176. **OFFICIAL:** _____
 177. **REMARKS:** _____
 178. **SIGNATURE:** _____
 179. **OFFICIAL:** _____
 180. **REMARKS:** _____
 181. **SIGNATURE:** _____
 182. **OFFICIAL:** _____
 183. **REMARKS:** _____
 184. **SIGNATURE:** _____
 185. **OFFICIAL:** _____
 186. **REMARKS:** _____
 187. **SIGNATURE:** _____
 188. **OFFICIAL:** _____
 189. **REMARKS:** _____
 190. **SIGNATURE:** _____
 191. **OFFICIAL:** _____
 192. **REMARKS:** _____
 193. **SIGNATURE:** _____
 194. **OFFICIAL:** _____
 195. **REMARKS:** _____
 196. **SIGNATURE:** _____
 197. **OFFICIAL:** _____
 198. **REMARKS:** _____
 199. **SIGNATURE:** _____
 200. **OFFICIAL:** _____
 201. **REMARKS:** _____
 202. **SIGNATURE:** _____
 203. **OFFICIAL:** _____
 204. **REMARKS:** _____
 205. **SIGNATURE:** _____
 206. **OFFICIAL:** _____
 207. **REMARKS:** _____
 208. **SIGNATURE:** _____
 209. **OFFICIAL:** _____
 210. **REMARKS:** _____
 211. **SIGNATURE:** _____
 212. **OFFICIAL:** _____
 213. **REMARKS:** _____
 214. **SIGNATURE:** _____
 215. **OFFICIAL:** _____
 216. **REMARKS:** _____
 217. **SIGNATURE:** _____
 218. **OFFICIAL**

1. The first step is to identify the problem. This involves understanding the current situation and what needs to be changed.

Abstract

1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 26

[illegible]

Keywords: *workplace spirituality, spirituality, spirituality in the workplace, spirituality in the workplace, spirituality in the workplace, spirituality in the workplace*

1. **Introduction**
 2. **Background**
 3. **Methodology**
 4. **Results**
 5. **Conclusion**
 6. **References**
 7. **Appendix**
 8. **Index**
 9. **Table of Contents**
 10. **Summary**
 11. **Abstract**
 12. **Keywords**
 13. **Subject Headings**
 14. **Notes**
 15. **Footnotes**
 16. **References**
 17. **Appendix**
 18. **Index**
 19. **Table of Contents**
 20. **Summary**
 21. **Abstract**
 22. **Keywords**
 23. **Subject Headings**
 24. **Notes**
 25. **Footnotes**
 26. **References**
 27. **Appendix**
 28. **Index**
 29. **Table of Contents**
 30. **Summary**
 31. **Abstract**
 32. **Keywords**
 33. **Subject Headings**
 34. **Notes**
 35. **Footnotes**
 36. **References**
 37. **Appendix**
 38. **Index**
 39. **Table of Contents**
 40. **Summary**
 41. **Abstract**
 42. **Keywords**
 43. **Subject Headings**
 44. **Notes**
 45. **Footnotes**
 46. **References**
 47. **Appendix**
 48. **Index**
 49. **Table of Contents**
 50. **Summary**
 51. **Abstract**
 52. **Keywords**
 53. **Subject Headings**
 54. **Notes**
 55. **Footnotes**
 56. **References**
 57. **Appendix**
 58. **Index**
 59. **Table of Contents**
 60. **Summary**
 61. **Abstract**
 62. **Keywords**
 63. **Subject Headings**
 64. **Notes**
 65. **Footnotes**
 66. **References**
 67. **Appendix**
 68. **Index**
 69. **Table of Contents**
 70. **Summary**
 71. **Abstract**
 72. **Keywords**
 73. **Subject Headings**
 74. **Notes**
 75. **Footnotes**
 76. **References**
 77. **Appendix**
 78. **Index**
 79. **Table of Contents**
 80. **Summary**
 81. **Abstract**
 82. **Keywords**
 83. **Subject Headings**
 84. **Notes**
 85. **Footnotes**
 86. **References**
 87. **Appendix**
 88. **Index**
 89. **Table of Contents**
 90. **Summary**
 91. **Abstract**
 92. **Keywords**
 93. **Subject Headings**
 94. **Notes**
 95. **Footnotes**
 96. **References**
 97. **Appendix**
 98. **Index**
 99. **Table of Contents**
 100. **Summary**
 101. **Abstract**
 102. **Keywords**
 103. **Subject Headings**
 104. **Notes**
 105. **Footnotes**
 106. **References**
 107. **Appendix**
 108. **Index**
 109. **Table of Contents**
 110. **Summary**
 111. **Abstract**
 112. **Keywords**
 113. **Subject Headings**
 114. **Notes**
 115. **Footnotes**
 116. **References**
 117. **Appendix**
 118. **Index**
 119. **Table of Contents**
 120. **Summary**
 121. **Abstract**
 122. **Keywords**
 123. **Subject Headings**
 124. **Notes**
 125. **Footnotes**
 126. **References**
 127. **Appendix**
 128. **Index**
 129. **Table of Contents**
 130. **Summary**
 131. **Abstract**
 132. **Keywords**
 133. **Subject Headings**
 134. **Notes**
 135. **Footnotes**
 136. **References**
 137. **Appendix**
 138. **Index**
 139. **Table of Contents**
 140. **Summary**
 141. **Abstract**
 142. **Keywords**
 143. **Subject Headings**
 144. **Notes**
 145. **Footnotes**
 146. **References**
 147. **Appendix**
 148. **Index**
 149. **Table of Contents**
 150. **Summary**
 151. **Abstract**
 152. **Keywords**
 153. **Subject Headings**
 154. **Notes**
 155. **Footnotes**
 156. **References**
 157. **Appendix**
 158. **Index**
 159. **Table of Contents**
 160. **Summary**
 161. **Abstract**
 162. **Keywords**
 163. **Subject Headings**
 164. **Notes**
 165. **Footnotes**
 166. **References**
 167. **Appendix**
 168. **Index**
 169. **Table of Contents**
 170. **Summary**
 171. **Abstract**
 172. **Keywords**
 173. **Subject Headings**
 174. **Notes**
 175. **Footnotes**
 176. **References**
 177. **Appendix**
 178. **Index**
 179. **Table of Contents**
 180. **Summary**
 181. **Abstract**
 182. **Keywords**
 183. **Subject Headings**
 184. **Notes**
 185. **Footnotes**
 186. **References**
 187. **Appendix**
 188. **Index**
 189. **Table of Contents**
 190. **Summary**
 191. **Abstract**
 192. **Keywords**
 193. **Subject Headings**
 194. **Notes**
 195. **Footnotes**
 196. **References**
 197. **Appendix**
 198. **Index**
 199. **Table of Contents**
 200. **Summary**
 201. **Abstract**
 202. **Keywords**
 203. **Subject Headings**
 204. **Notes**
 205. **Footnotes**
 206. **References**
 207. **Appendix**
 208. **Index**
 209. **Table of Contents**
 210. **Summary**
 211. **Abstract**
 212. **Keywords**
 213. **Subject Headings**
 214. **Notes**
 215. **Footnotes**
 216. **References**
 217. **Appendix**
 218. **Index**
 219. **Table of Contents**
 220. **Summary**
 221. **Abstract**
 222. **Keywords**
 223. **Subject Headings**
 224. **Notes**
 225. **Footnotes**
 226. **References**
 227. **Appendix**
 228. **Index**
 229. **Table of Contents**
 230. **Summary**
 231. **Abstract**
 232. **Keywords**
 233. **Subject Headings**
 234. **Notes**
 235. **Footnotes**
 236. **References**
 237. **Appendix**
 238. **Index**
 239. **Table of Contents**
 240. **Summary**
 241. **Abstract**
 242. **Keywords**
 243. **Subject Headings**
 244. **Notes**
 245. **Footnotes**
 246. **References**
 247. **Appendix**
 248. **Index**
 249. **Table of Contents**
 250. **Summary**
 251. **Abstract**
 252. **Keywords**
 253. **Subject Headings**
 2

[illegible]

1. **Introduction**
 2. **Background**
 3. **Methodology**
 4. **Results**
 5. **Conclusion**
 6. **References**

1. **Identify the main topic of the passage.**
 2. **Summarize the main idea in your own words.**
 3. **Identify the supporting details.**
 4. **Explain how the details support the main idea.**
 5. **Write a concluding sentence.**

1. **NAME** _____
 2. **ADDRESS** _____
 3. **CITY** _____
 4. **STATE** _____
 5. **ZIP** _____
 6. **PHONE** _____
 7. **E-MAIL** _____
 8. **DATE** _____
 9. **SIGNATURE** _____
 10. **PRINTED NAME** _____
 11. **DATE** _____
 12. **SIGNATURE** _____
 13. **PRINTED NAME** _____
 14. **DATE** _____
 15. **SIGNATURE** _____
 16. **PRINTED NAME** _____
 17. **DATE** _____
 18. **SIGNATURE** _____
 19. **PRINTED NAME** _____
 20. **DATE** _____
 21. **SIGNATURE** _____
 22. **PRINTED NAME** _____
 23. **DATE** _____
 24. **SIGNATURE** _____
 25. **PRINTED NAME** _____
 26. **DATE** _____
 27. **SIGNATURE** _____
 28. **PRINTED NAME** _____
 29. **DATE** _____
 30. **SIGNATURE** _____
 31. **PRINTED NAME** _____
 32. **DATE** _____
 33. **SIGNATURE** _____
 34. **PRINTED NAME** _____
 35. **DATE** _____
 36. **SIGNATURE** _____
 37. **PRINTED NAME** _____
 38. **DATE** _____
 39. **SIGNATURE** _____
 40. **PRINTED NAME** _____
 41. **DATE** _____
 42. **SIGNATURE** _____
 43. **PRINTED NAME** _____
 44. **DATE** _____
 45. **SIGNATURE** _____
 46. **PRINTED NAME** _____
 47. **DATE** _____
 48. **SIGNATURE** _____
 49. **PRINTED NAME** _____
 50. **DATE** _____
 51. **SIGNATURE** _____
 52. **PRINTED NAME** _____
 53. **DATE** _____
 54. **SIGNATURE** _____
 55. **PRINTED NAME** _____
 56. **DATE** _____
 57. **SIGNATURE** _____
 58. **PRINTED NAME** _____
 59. **DATE** _____
 60. **SIGNATURE** _____
 61. **PRINTED NAME** _____
 62. **DATE** _____
 63. **SIGNATURE** _____
 64. **PRINTED NAME** _____
 65. **DATE** _____
 66. **SIGNATURE** _____
 67. **PRINTED NAME** _____
 68. **DATE** _____
 69. **SIGNATURE** _____
 70. **PRINTED NAME** _____
 71. **DATE** _____
 72. **SIGNATURE** _____
 73. **PRINTED NAME** _____
 74. **DATE** _____
 75. **SIGNATURE** _____
 76. **PRINTED NAME** _____
 77. **DATE** _____
 78. **SIGNATURE** _____
 79. **PRINTED NAME** _____
 80. **DATE** _____
 81. **SIGNATURE** _____
 82. **PRINTED NAME** _____
 83. **DATE** _____
 84. **SIGNATURE** _____
 85. **PRINTED NAME** _____
 86. **DATE** _____
 87. **SIGNATURE** _____
 88. **PRINTED NAME** _____
 89. **DATE** _____
 90. **SIGNATURE** _____
 91. **PRINTED NAME** _____
 92. **DATE** _____
 93. **SIGNATURE** _____
 94. **PRINTED NAME** _____
 95. **DATE** _____
 96. **SIGNATURE** _____
 97. **PRINTED NAME** _____
 98. **DATE** _____
 99. **SIGNATURE** _____
 100. **PRINTED NAME** _____
 101. **DATE** _____
 102. **SIGNATURE** _____
 103. **PRINTED NAME** _____
 104. **DATE** _____
 105. **SIGNATURE** _____
 106. **PRINTED NAME** _____
 107. **DATE** _____
 108. **SIGNATURE** _____
 109. **PRINTED NAME** _____
 110. **DATE** _____
 111. **SIGNATURE** _____
 112. **PRINTED NAME** _____
 113. **DATE** _____
 114. **SIGNATURE** _____
 115. **PRINTED NAME** _____
 116. **DATE** _____
 117. **SIGNATURE** _____
 118. **PRINTED NAME** _____
 119. **DATE** _____
 120. **SIGNATURE** _____
 121. **PRINTED NAME** _____
 122. **DATE** _____
 123. **SIGNATURE** _____
 124. **PRINTED NAME** _____
 125. **DATE** _____
 126. **SIGNATURE** _____
 127. **PRINTED NAME** _____
 128. **DATE** _____
 129. **SIGNATURE** _____
 130. **PRINTED NAME** _____
 131. **DATE** _____
 132. **SIGNATURE** _____
 133. **PRINTED NAME** _____
 134. **DATE** _____
 135. **SIGNATURE** _____
 136. **PRINTED NAME** _____
 137. **DATE** _____
 138. **SIGNATURE** _____
 139. **PRINTED NAME** _____
 140. **DATE** _____
 141. **SIGNATURE** _____
 142. **PRINTED NAME** _____
 143. **DATE** _____
 144. **SIGNATURE** _____
 145. **PRINTED NAME** _____
 146. **DATE** _____
 147. **SIGNATURE** _____
 148. **PRINTED NAME** _____
 149. **DATE** _____
 150. **SIGNATURE** _____
 151. **PRINTED NAME** _____
 152. **DATE** _____
 153. **SIGNATURE** _____
 154. **PRINTED NAME** _____
 155. **DATE** _____
 156. **SIGNATURE** _____
 157. **PRINTED NAME** _____
 158. **DATE** _____
 159. **SIGNATURE** _____
 160. **PRINTED NAME** _____
 161. **DATE** _____
 162. **SIGNATURE** _____
 163. **PRINTED NAME** _____
 164. **DATE** _____
 165. **SIGNATURE** _____
 166. **PRINTED NAME** _____
 167. **DATE** _____
 168. **SIGNATURE** _____
 169. **PRINTED NAME** _____
 170. **DATE** _____
 171. **SIGNATURE** _____
 172. **PRINTED NAME** _____
 173. **DATE** _____
 174. **SIGNATURE** _____
 175. **PRINTED NAME** _____
 176. **DATE** _____
 177. **SIGNATURE** _____
 178. **PRINTED NAME** _____
 179. **DATE** _____
 180. **SIGNATURE** _____
 181. **PRINTED NAME** _____
 182. **DATE** _____
 183. **SIGNATURE** _____
 184. **PRINTED NAME** _____
 185. **DATE** _____
 186. **SIGNATURE** _____
 187. **PRINTED NAME** _____
 188. **DATE** _____
 189. **SIGNATURE** _____
 190. **PRINTED NAME** _____
 191. **DATE** _____
 192. **SIGNATURE** _____
 193. **PRINTED NAME** _____
 194. **DATE** _____
 195. **SIGNATURE** _____
 196. **PRINTED NAME** _____
 197. **DATE** _____
 198. **SIGNATURE** _____
 199. **PRINTED NAME** _____
 200. **DATE** _____
 201. **SIGNATURE** _____
 202. **PRINTED NAME** _____
 203. **DATE** _____
 204. **SIGNATURE** _____
 205. **PRINTED NAME** _____
 206. **DATE** _____
 207. **SIGNATURE** _____
 208. **PRINTED NAME** _____
 209. **DATE** _____
 210. **SIGNATURE** _____
 211. **PRINTED NAME** _____
 212. **DATE** _____
 213. **SIGNATURE** _____
 214. **PRINTED NAME** _____
 215. **DATE** _____
 216. **SIGNATURE** _____
 217. **PRINTED NAME** _____
 218. **DATE** _____
 219. **SIGNATURE** _____
 220. **PRINTED NAME** _____
 221. **DATE** _____
 222. **S**

1. **Author:** [Name]
 2. **Title:** [Title]
 3. **Journal:** [Journal]
 4. **Volume:** [Volume]
 5. **Issue:** [Issue]
 6. **Page:** [Page]
 7. **Year:** [Year]
 8. **DOI:** [DOI]
 9. **URL:** [URL]
 10. **Accessed:** [Accessed]

1. The first step is to identify the problem. In this case, the problem is that the system is not working properly.

1. The first step is to identify the problem.

1000

[illegible]

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
---	---	---	---	---	---	---	---	---	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	-----

1994-1995, 1995-1996, 1996-1997, 1997-1998, 1998-1999, 1999-2000, 2000-2001, 2001-2002, 2002-2003, 2003-2004, 2004-2005, 2005-2006, 2006-2007, 2007-2008, 2008-2009, 2009-2010, 2010-2011, 2011-2012, 2012-2013, 2013-2014, 2014-2015, 2015-2016, 2016-2017, 2017-2018, 2018-2019, 2019-2020, 2020-2021, 2021-2022, 2022-2023, 2023-2024, 2024-2025, 2025-2026, 2026-2027, 2027-2028, 2028-2029, 2029-2030, 2030-2031, 2031-2032, 2032-2033, 2033-2034, 2034-2035, 2035-2036, 2036-2037, 2037-2038, 2038-2039, 2039-2040, 2040-2041, 2041-2042, 2042-2043, 2043-2044, 2044-2045, 2045-2046, 2046-2047, 2047-2048, 2048-2049, 2049-2050, 2050-2051, 2051-2052, 2052-2053, 2053-2054, 2054-2055, 2055-2056, 2056-2057, 2057-2058, 2058-2059, 2059-2060, 2060-2061, 2061-2062, 2062-2063, 2063-2064, 2064-2065, 2065-2066, 2066-2067, 2067-2068, 2068-2069, 2069-2070, 2070-2071, 2071-2072, 2072-2073, 2073-2074, 2074-2075, 2075-2076, 2076-2077, 2077-2078, 2078-2079, 2079-2080, 2080-2081, 2081-2082, 2082-2083, 2083-2084, 2084-2085, 2085-2086, 2086-2087, 2087-2088, 2088-2089, 2089-2090, 2090-2091, 2091-2092, 2092-2093, 2093-2094, 2094-2095, 2095-2096, 2096-2097, 2097-2098, 2098-2099, 2099-2100, 2100-2101, 2101-2102, 2102-2103, 2103-2104, 2104-2105, 2105-2106, 2106-2107, 2107-2108, 2108-2109, 2109-2110, 2110-2111, 2111-2112, 2112-2113, 2113-2114, 2114-2115, 2115-2116, 2116-2117, 2117-2118, 2118-2119, 2119-2120, 2120-2121, 2121-2122, 2122-2123, 2123-2124, 2124-2125, 2125-2126, 2126-2127, 2127-2128, 2128-2129, 2129-2130, 2130-2131, 2131-2132, 2132-2133, 2133-2134, 2134-2135, 2135-2136, 2136-2137, 2137-2138, 2138-2139, 2139-2140, 2140-2141, 2141-2142, 2142-2143, 2143-2144, 2144-2145, 2145-2146, 2146-2147, 2147-2148, 2148-2149, 2149-2150, 2150-2151, 2151-2152, 2152-2153, 2153-2154, 2154-2155, 2155-2156, 2156-2157, 2157-2158, 2158-2159, 2159-2160, 2160-2161, 2161-2162, 2162-2163, 2163-2164, 2164-2165, 2165-2166, 2166-2167, 2167-2168, 2168-2169, 2169-2170, 2170-2171, 2171-2172, 2172-2173, 2173-2174, 2174-2175, 2175-2176, 2176-2177, 2177-2178, 2178-2179, 2179-2180, 2180-2181, 2181-2182, 2182-2183, 2183-2184, 2184-2185, 2185-2186, 2186-2187, 2187-2188, 2188-2189, 2189-2190, 2190-2191, 2191-2192, 2192-2193, 2193-2194, 2194-2195, 2195-2196, 2196-2197, 2197-2198, 2198-2199, 2199-2200, 2200-2201, 2201-2202, 2202-2203, 2203-2204, 2204-2205, 2205-2206, 2206-2207, 2207-2208, 2208-2209, 2209-2210, 2210-2211, 2211-2212, 2212-2213, 2213-2214, 2214-2215, 2215-2216, 2216-2217, 2217-2218, 2218-2219, 2219-2220, 2220-2221, 2221-2222, 2222-2223, 2223-2224, 2224-2225, 2225-2226, 2226-2227, 2227-2228, 2228-2229, 2229-2230, 2230-2231, 2231-2232, 2232-2233, 2233-2234, 2234-2235, 2235-2236, 2236-2237, 2237-2238, 2238-2239, 2239-2240, 2240-2241, 2241-2242, 2242-2243, 2243-2244, 2244-2245, 2245-2246, 2246-2247, 2247-2248, 2248-2249, 2249-2250, 2250-2251, 2251-2252, 2252-2253, 2253-2254, 2254-2255, 2255-2256, 2256-2257, 2257-2258, 2258-2259, 2259-2260, 2260-2261, 2261-2262, 2262-2263, 2263-2264, 2264-2265, 2265-2266, 2266-2267, 2267-2268, 2268-2269, 2269-2270, 2270-2271, 2271-2272, 2272-2273, 2273-2274, 2274-2275, 2275-2276, 2276-2277, 2277-2278, 2278-2279, 2279-2280, 2280-2281, 2281-2282, 2282-2283, 2283-2284, 2284-2285, 2285-2286, 2286-2287, 2287-2288, 2288-2289, 2289-2290, 2290-2291, 2291-2292, 2292-2293, 2293-2294, 2294-2295, 2295-2296, 2296-2297, 2297-2298, 2298-2299, 2299-2300, 2300-2301, 2301-2302, 2302-2303, 2303-2304, 2304-2305, 2305-2306, 2306-2307, 2307-2308, 2308-2309, 2309-2310, 2310-2311, 2311-2312, 2312-2313, 2313-2314, 2314-2315, 2315-2316, 2316-2317, 2317-2318, 2318-2319, 2319-2320, 2320-2321, 2321-2322, 2322-2323, 2323-2324, 2324-2325, 2325-2326, 2326-2327, 2327-2328, 2328-2329, 2329-2330, 2330-2331, 2331-2332, 2332-2333, 2333-2334, 2334-2335, 2335-2336, 2336-2337, 2337-2338, 2338-2339, 2339-2340, 2340-2341, 2341-2342, 2342-2343, 2343-2344, 2344-2345, 2345-2346, 2346-2347, 2347-2348, 2348-2349, 2349-2350, 2350-2351, 2351-2352, 2352-2353, 2353-2354, 2354-2355, 2355-2356, 2356-2357, 2357-2358, 2358-2359, 2359-2360, 2360-2361, 2361-2362, 2362-2363, 2363-2364, 2364-2365, 2365-2366, 23

100% Satisfaction Guarantee
 24/7 Customer Support
 100% Satisfaction Guarantee
 24/7 Customer Support

NEW! Monthly membership
 \$1.95 a month - includes
 1 year of 12 issues
 plus 1 year of 12 issues
 plus 1 year of 12 issues

Abstract

1. The first step is to identify the problem. In this case, the problem is that the system is not working properly.

[illegible]

GRAND OPENING
Family Spa
Full Body • Hot Massage
permanently open
for women. Call now
for details.
www.familyspa.com
414-441-0000

Body Massage: \$45/hr.
Hot Foot Massage: \$15.95/hr.
Hot Oil Massage: \$45/hr. (811) 211-1111
Chakra & Reiki Healing, Yoga & Pilates
www.yogapilatesreiki.com



David C. Wright
 (A Health Care Manager)
510-658-2561
 2445 Piedmont Avenue
 Oakland, CA 94612
 www.dcwright.com

HOLIDAY SPA
 (516) 663-8086
 1716 East Route 9 West, Greenvale
 Relax in a Spa • Steam Bath • Hot Tub • Full Body Massage • 100% Tanning • 100% Tanning • 100% Tanning

CRYSTAL MASSAGE
510-848-5354
Sunland, Glendale, Long Beach, Santa Monica
10000 Hollywood Blvd. #4, Los Angeles

Re-Grand Opening!
NEW IN TOWN
Heavy Sales Only
Don't Leave Home
548-600-7918

GRAND OPENING
The Oakland Sports Center
Come learn, experience & enjoy
everything there is in your sport.
455 Northshore Blvd. Oakland, CA
510-834-7770

FOREVER DAY SPA
 10000 Wilshire Blvd., Suite 100
 Beverly Hills, California 90210
 (310) 274-1450
 www.foreverdayspa.com

GRAND OPENING!
NEW! Best Asian Massage
\$39.99/hr
Try it once and Love it forever!
Open 10 am - 10 pm
10-14 Packages 20
Coupons!
Reservations 604.696.1216
1000-12400 1000-12400
\$10-\$25 OFF



GRAND OPENING
Lo Hingy Identity
Specialized Night Management Strategy
Open House Hours
where finding your home is
easy. Call 1-800-855-1111

GRAND OFFERING
 \$5 OFF
 WITH COUPON
 2013 Range 4000 4-cylinder
 2013 Range 4000 4-cylinder
 2013 Range 4000 4-cylinder
 2013 Range 4000 4-cylinder

Eubie Spa
of Beauty & Wellness
Grand Opening!
 Tickle Shower
 Open: 10am - 8pm
 800.274.2300
 1. Free admission
 2. Free parking

Asian Full Body Massage
 90-120 min. sessions
 All Licensed & Certified
 BEST Massage, Body, Energy, Reflexology
 Chinese and Thai Massage Techniques
 (Asian Massage, Thai Massage)
 510-510-1011
 10101 Wilshire Blvd. Suite 101
 Los Angeles, CA 90024
 510-510-1011



EAST BAY EXPRESS
TO ADVERTISE CALL
510-879-3800

GET GREEN!
HERBAL MEDICINES & ESSENTIAL OILS

Make your life vibrant!
 100% Pure Essential
 Oils & Herbs from
 the Amazon Rainforest

Free Shipping
 415-452-9436 415-728-1306
www.GREEN215.com

Bulletin Board

EAST BAY EXPRESS

To advertise in the Bulletin Board call 415-613-2870 (tuesdays & thursdays 9am)

The Macnamara

415-337-1111. Aggressive legal representation for
 business and office. 300-128-7798
www.themacnamara.com
info@themacnamara.com

Earth Circles Counseling Center

Compassionate Professional Therapies
 800-345-7635 714-211-5455 949-5
www.EarthCirclesCounseling.com

Do You Need a Website?

Expertly crafted websites for any budget.
 Personal, fast, stress is madeless.
 100% 100% 100% 100% 100%
www.danibell.com
www.danibell.com

Gluten-Free Baking

March 11 11pm-11pm working/extra time
 415-452-9436 415-728-1306
www.green215.com

Credit Support Services

at Alameda County
 415-452-9436 415-728-1306
www.green215.com

Do you have Bipolar Disorder

and trouble sleeping?
 We can help you with your sleep.
 415-452-9436 415-728-1306
www.green215.com

San Jose
420 Evaluations

Now Open
Sundays!

Valid #1 Doctor's Office in All of San Jose
Open 7 days | 24 Hour Verification
No 6 Month BS | Good for 1 Year
www.SanJose420evaluations.com

**We Match Any & Every
 Competitor's Price**

49 **225** **59**

**Clones & Seeds
 Always Available**

Harborside
 Marijuana Supply

415-452-9436
 415-728-1306
www.harborside.com

**green thumb
 CONSULTING**

empowering the
 business world with
 knowledge of the cannabis
 industry

415-452-9436
GreenThumbConsulting.com

NeedPoint Center

**1127 Webster St #3
 1st 12th St Oakland**
415-777-4269 OR (510) 203-7171

**Medical Marijuana
 Evaluations**

\$79
 New Patients

\$69
 Returning

**Get Your
 Grower's
 License Here**

MED'S DISPENSARY
 Now with award winning
 7 Star Medicine

10% OFF
 for all orders, online & in-store

Now Open Until 8pm
Quality is Our Top Priority

3820 San Pablo (Dumb Road), El Sobrante, CA 94501 415-777-4269

STREET SMART MEDS #1 VERIFIED CANNABIS DISPENSARY

**PURPLE HEART
 PATIENT CENTER**

- 100% Organic with 100% Pure & 100% Pure
- 100% Pure & 100% Pure
- 100% Pure & 100% Pure
- 100% Pure & 100% Pure
- 100% Pure & 100% Pure
- 100% Pure & 100% Pure
- 100% Pure & 100% Pure
- 100% Pure & 100% Pure

Now Verifying Doctor's Office successful with
Open 7 Days a Week
3820 San Pablo (Dumb Road), El Sobrante, CA 94501
415-452-9436 415-728-1306

3RD STREET HYDROPONICS **SPRING FLING** Sat 3/5 + Sun 3/6 10am-4pm

Hydroponic and Organic Gardening For
 415-452-9436 415-728-1306 www.3rdstreethydroponics.com 415-452-9436